



# THE COMPASSIONATE FRIENDS

## NORTHEAST LOUISIANA CHAPTER

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**JANUARY/FEBRUARY / MARCH 2012**

### JANUARY WARMTH

Like a tree in winter  
Which has lost its leaves,  
We look ahead to spring for new growth  
And the warmth of the sun  
To heal the pain in our hearts.  
Let us make January  
A time to reach out to each other  
And give that warmth from our hearts,  
And in return -  
We will all show new growth

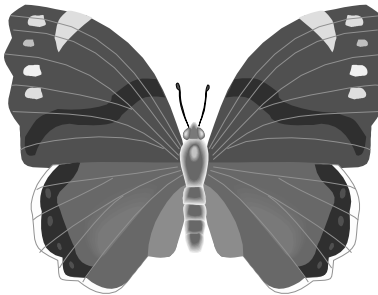
Pat Dodge  
TCF Sacramento, CA

### FAITH

It's raining now, it's dark and cold and wet;  
But I know soon the sun will shine again.  
I hurt once so bad inside I didn't want to live  
anymore;  
I thought the sun would never shine again.  
It's shining once again in my life now;  
I feel your goodness and warmth radiate.  
I wonder sometimes why I was so helpless;  
And I didn't believe?  
It's all made me now who I am, they say;  
Maybe so that others might believe  
in all their darkness the sun will never go away.

In memory of Ben  
Darrell Lee  
TCF-Phoenix, AZ

"Is there another life? Shall I awake and find all this  
is a dream? There must be.  
We cannot be created for this sort of suffering."  
—John Keats



### IN MARCH

The year moves on  
between the weeks and days  
are spaces filled  
with more than only time:  
those minutes, moments,  
when your life stand still  
and aches in memory...  
And part of you  
needs to endure the dark,  
because it means  
to have love again.  
And part of you  
prays for forgiveness,  
because your mind  
may break, remembering.  
Between the weeks and days  
are spaces filled  
with more than only time...

Sascha Wagner  
TCF Des Moines, IA

### Monthly Meetings

**Thursday, January 5**

**Thursday, February 2**

**Thursday, March 1**

6:30 PM  
St. Paul's United Methodist Church  
1901 Lexington Ave.  
Enter through the back parking lot off Milton St.

# For Siblings

An outlet for siblings is the TCF Sibling Forum. It is available online and is a place where siblings from all over can share and help each other cope with the unique grief of losing a brother or sister. Siblings are able to ask questions, make a comment or leave a thought for others to respond.

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Visit the Sibling Resources Page at [www.compassionatefriends.org](http://www.compassionatefriends.org)  
Email [tcfsiblingrep@compassionatefriends.org](mailto:tcfsiblingrep@compassionatefriends.org) for the password

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## I REMEMBER YOU

I remember the way you laughed,  
You meant so much to me  
I remember the way you smiled,  
You were the way a Christian should be  
You were so smart,  
Your presence could light up any room  
We all miss you so much,  
We wonder why you left so soon  
Memories of you make me smile,  
While others make me cry  
I wish you could have stayed for one more day,  
Now all I have is the question, "Why?"  
The day that you were called  
Was sad for everyone,  
We tried and tried to save you  
But nothing could be done  
I know that you are in Heaven,  
And I know that you are free  
But when I'm sad I stop and wonder,  
Do you remember me?  
Now all that I have left,  
Are memories of what you would do  
Some are happy, some are sad,  
But I remember you.

In memory my brother, Dalton William Knauss  
January 20, 1984 – March 13, 1999  
Sara Knauss  
TCF Phoenix, AZ

"Wounds do not heal without time and attention.  
Yet, too many of us feel that we don't have the  
right to take the time to heal from emotional and  
physical wounds."  
—from Judy Tatelbaum's *Courage to Grieve*

## TO MY SISTER

You touched us all  
You loved us all  
Forever giving  
Forever caring  
Forever forgiving  
Never wanting in return  
Blessed are those who shared your life  
Rich are those who carry your memories  
Please rest now  
Your chores we will finish  
'Til we meet again...

Cindy Keltz  
TCF, Arlington Heights, IL



## THERE ARE TIMES

There are times  
When I see a fiery sunset  
Or the silver glow of the moon,  
And I see my brother,  
And I feel the peace that he still exists.  
But these times are few,  
And most of  
What I see is ---  
What he is missing.

Cry now, my silent tears,  
Quietly, so no one hears.  
They don't know the pain I  
Go through  
Day after day,  
And through the years.

Alissa Roeder  
TCF Pikes Peak, CO

## THE SEASON OF THE HEART

This is the Season of the Heart! Yet many of us will be asking how to live during this season with a heart that is broken. Just what is it that our hearts are knowing during these days? What are the feelings that pulsate and ebb and flow? Is it-

- the Heart that catches its breath on a memory and is overwhelmed?
- the Heart that feels it absolutely cannot hold one more ounce of pain?
- the Heart that knows the fleeting smile of a loved one?
- the Heart that catches a fragment of joy and is warmed?
- the Heart that knows pain, and keeps on loving?
- the Heart that is tempted to lie still and lonely?
- the Heart that searches for the acceptance of a friend?
- the Heart that is one day, suddenly surprisingly single?

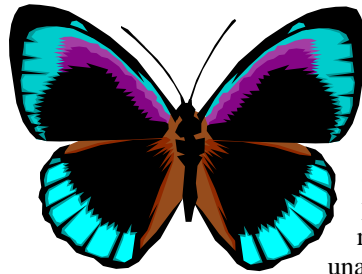
Questions arise! Why is a heart red, and why does it have two lobes?

A response might be-

- A Heart is so vulnerable; so easily bloodied.
- A Heart consists of opposites; changed by sorrow and by joy.
- A Heart, when whole, includes all emotions.
- A Heart can lie cold and sad and broken...
- A Heart can grow and heal and love...

We each have our choices to make!

Marie Andrews  
TCF Southern Maryland Chapter, MD



Death." She responded to a mother's letter and shared her wisdom and experience. She told that grieving mother (and through her, me) that out of her pain - if she chooses - comes a great amount of compassion, increased understanding and wisdom, and love for others who are in pain. It is her choice whether out of tragedy comes blessing or a curse, compassion or bitterness.

She concluded her letter with these words: "I want you to know that our research in death and life after death has revealed beyond a shadow of a doubt that those who make the transition are more alive, more surrounded with unconditional love and beauty than you can ever conceive. They are not really dead. They have just preceded us in the evolutionary journey all of us are on; they are with their former playmates (as they call them), or guardian angels; they are with family members who proceeded them in death and are unable to miss you as you miss them since they are unable to feel any negative feelings. The only thing that stays with them is the knowledge of love and care that they have received and of the lessons they learned in their physical life."

Claudia Waller  
TCF Alexandria, VA

"It is unrealistic to expect that grief to ever totally go away, because the love we have for our child will never go away. Our grief is an act of love and is nothing for which we should be ashamed."

—Elaine Grier

## WHERE IS MY CHILD NOW?

So many times after our son died, I found myself asking questions. Where has he gone? Is there really life after death? Is there really a Heaven? Was his life with us worth anything?

I read. I talked to people. I prayed. I cried. I became depressed and I yelled at my God. Then I found Elizabeth Kubler Ross's book, "On Children and

### Chapter co-leaders

Marilyn & French Smith

### Steering Committee

Henry Cole, Facilitator

Johnny James, Treasurer

Dianne & Frank Bruscato, Library

Frances & Jim Gregory, Outreach

Maggy & John Dobbs, Outreach

Ann Cole, Outreach

Betty Jean James, Outreach & Hospitality

Julie & Danny Petty, Newsletter

Betty Jean & Johnny James, Memorial Park

## "A SIGN OF HOPE"

Since the times, the butterfly has symbolized renewed life. The caterpillar signifies life here on earth; the cocoon, death; and the butterfly, the emergence of the dead into a new, beautiful and freer existence. Frequently, the butterfly is seen with the word "Nika," which means victory. Elisabeth Kübler-Ross movingly tells of seeing butterflies drawn all over the walls of the children's dormitories in the World War II concentration camps. Since Elisabeth believes in the innate intuitiveness of children, she concludes that these children knew their fate and were leaving us a message. Many members of The Compassionate Friends embrace the butterfly as a symbol--a sign of hope to them that their children are living in another dimension with greater beauty and freedom-- a comforting thought to many.



## GIFTS OF THE NEW YEAR

Faith that, in spite of the pain of today, I can and will learn to go on, one step at a time, one day at a time, learning to once again truly enjoy the little (and bigger) things that come my way.

Patience when I'm having a bad day, when I seem to take two steps backward and only one forward in learning to cope with the death of my child.

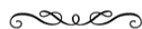
Laughter, which someone said is the best medicine. I believe laughter is a positive source of healing. When I feel good laughing at some silly little thing that comes along, I know another little part of me has healed.

Time: If nothing else, the new year offers the gift of time; time to heal, to learn to cope, to put some wholeness back into lives that seem hopelessly broken.

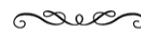
Won't you join me in opening these gifts? You see, they aren't just mine to receive; they are gifts to be shared by all. You need only reach out and accept them. Each of these gifts can help us go on with our lives.

May the new year bring you all of these gifts and many blessings, but most especially, may you receive the gift of peace.

Audry Cain  
TCF, Western New York



Everyone is encouraged to contribute to the newsletter to keep our chapter going strong. Please contact Julie Petty with your ideas.



Also, remember you can bring your child's favorite snack for refreshments to our monthly meeting or do a flower arrangement for the table. Please contact Marilyn Smith one month prior to the meeting.

# Our Children Always Loved and Remembered



A special table is set up at our meetings to honor children whose special days are in that month. We invite you to bring a picture or memento of your child to share during that significant month.

## **OUR CHILDREN'S JANUARY BIRTHDAYS**

<u>Child</u>		<u>Parent(s)</u>
Eddie Foreman	01/03/60	Jimmie Sue Reeves
Brandi Spradlin	01/05/78	Rita & Terry Colgate
David Dayton	01/06/81	Pat Dayton
Tricia Smith	01/08/74	Brenda & Randy Smith
Stephen Smith	01/08/76	Marilyn & French Smith
Amanda Maxwell	01/17/86	Angie Maxwell
Patrick Loflin	01/18/71	Katie Loflin
Hope Johnson	01/18/94	Fran Johnson
Daniel Wilkerson	01/22/86	Dale Wilkerson
Kimball James	01/24/71	Betty Jean & Johnny James
Stephen Sivils	01/25/77	Veda & Leon Sivils
Seth Lowery	01/26/84	Joyce & Dale Lowery
Norman Craig	01/28/64	Pat Craig
Timothy Maurer	01/29/72	Shirley & Nick Maurer

## **OUR CHILDREN'S JANUARY ANNIVERSARIES**

<u>Child</u>		<u>Parent(s)</u>
David Dayton	01/02/02	Pat Dayton
Kelly O'Neal	01/03/09	Nancy Oliver
Martha Husmann	01/09/90	Betty & Harry Stone
Scottie McLarrin	01/09/99	Mary McLarrin
Ashley Taylor	01/10/06	Valerie & Doug Taylor
Jackson Kennedy	01/11/02	JonAnn Layton & Jeff Kennedy
Benjamin Box	01/13/06	Erlene & Jack Box
Timothy Maurer	01/16/06	Shirley & Nick Maurer
Milton Scarborough	01/17/08	Tina Scarborough
Richard Bryan	01/25/02	Linda & James Bryan
Teresa Gentry	01/25/06	Lynn & Jim Walters
Fred Page	01/26/98	Charlotte Colquette
Carl Alexander	01/26/04	Valerie & Billy Matejowsky
Amber Nicole Tamburo	01/29/10	Barbara & Gerald Tamburo
Caroline Cole	01/30/88	Ann & Henry Cole

## **OUR CHILDREN'S FEBRUARY BIRTHDAYS**

<u>Child</u>		<u>Parent(s)</u>
Corey Washington	02/14/69	Gracie Washington

## **OUR CHILDREN'S FEBRUARY ANNIVERSARIES**

<u>Child</u>		<u>Parent(s)</u>
Tricia Smith	02/05/06	Brenda & Randy Smith
Thomas Stephens	02/05/11	Susan & Grey Stephens
Walker Dayton	02/04/09	Vickie & Ed Dayton
Greg Dennis	02/06/05	Camille Dennis
Eddie Hoy, Jr.	02/06/06	Martha Fontenot
Eddie Foreman	02/15/99	Jimmie Sue Reeves
Kelly Boies	02/18/07	Paula Gilliam
Jesse Chilton	02/23/07	Cheryl & Ronnie Chilton
Cedrick Hotard	02/28/07	Sharon & Stephen Hotard
Adam McKenzie	02/28/03	Cheryl & Jerome McKenzie

## **OUR CHILDREN'S MARCH BIRTHDAYS**

<u>Child</u>		<u>Parent(s)</u>
Kaye Shields	03/04/62	Lila & R.L. Hargrove
Tyrone Edwards	03/10/81	Sheila Edwards
Greg Gilstrap	03/12/70	Jean Gilstrap
Jon Bowman	03/27/85	Jill Puckett
Michael Johns	03/28/75	Nell Book

## **OUR CHILDREN'S MARCH ANNIVERSARIES**

<u>Child</u>		<u>Parent(s)</u>
Michael Hoyem	03/01/06	Dorothy & Don Hoyem
Seth Hunt	03/01/09	Susie Shivers
Jeremy Barnhill	03/08/02	Kathi & Terry Barnhill
Stuart Morse	03/09/06	Tammy & James Morse
Brian Gregory	03/10/98	Frances & Jim Gregory
Donald Timothy Acree	03/10/10	Fran Acree
Duston Albritton	03/14/98	Linda & Ronnie Albritton
Brandi Spradlin	03/22/98	Rita & Terry Colegate
Tyrone Edwards	03/30/02	Sheila Edwards
Kimball James	03/31/01	Betty Jean & Johnny James

## **TO OUR LONG TIME MEMBERS:**

We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. Each meeting when new parents arrive with a fresh hurt and frightened eyes, I remember how we felt at our first meeting. Think back ... what would it have been like for you if there had not been any "oldies" to welcome you, share your grief, and encourage you? It was from them you heard, "your pain will not always be this bad; it really does get softer." They were the ones who wanted to really listen when you talked about your child. Can you be an "oldie" for someone else? By helping someone else, you help yourself and share your child with someone who never got to know them. Come out and share with newly bereaved parents to help them heal. Our own healing happens when we are reaching out to others.

**WE NEED NOT WALK ALONE;  
WE ARE THE COMPASSIONATE FRIENDS**

## **OUR CREDO**

We need not walk alone.  
We are The Compassionate Friends.  
We reach out to each other with love, with understanding and with hope.  
Our children have died at all ages and from many different causes,  
but our love for our children unites us.  
Your pain becomes my pain just as your hope becomes my hope.  
We come together from all walks of life, from many different circumstances.  
We are a unique family because we represent many races and creeds.  
We are young, and we are old.  
Some of us are far along in our grief, but others still feel a grief so fresh  
and so intensely painful that we feel helpless and see no hope.  
Some of us have found our faith to be a source of strength;  
some of us are struggling to find answers.  
Some of us are angry, filled with guilt or in deep depression;  
others radiate an inner peace.  
But whatever pain we bring to this gathering of The Compassionate Friends,  
it is pain we will share just as we share with each other our love for our children.  
We are all seeking and struggling to build a future for ourselves,  
but we are committed to building a future together  
as we reach out to each other in love  
and share the pain as well as the joy,  
share the anger as well as the peace,  
share the faith as well as the doubts  
and help each other to grieve as well as to grow.

**WE NEED NOT WALK ALONE  
WE ARE THE COMPASSIONATE FRIENDS**

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Return Service Requested